

# Quarterly Webinars through ComPsych® GuidanceResources®



## SEPTEMBER

### GuidanceResources® Program Orientation for Supervisors

- **Date/Time:** September 14, 2021 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Managers and supervisors can use the EAP as a free source for confidential support, expert information, and valuable resources to support their employees when they need it the most.

### GuidanceResources® Program Orientation for Employees

- **Date/Time:** September 15, 2021 from 10:00am - 11:00am
- **Description:** Learn about the Employee Assistance Program (EAP) services that ComPsych® GuidanceResources® provides. Through the EAP, you can access free confidential emotional support, online support, interactive digital tools, work-life solutions, legal guidance, financial resources, and identity theft services.

### Building Grit - Strategies for Success in Work and Life

- **Date:** September 21, 2021 at 1:00pm - 2:00pm
- **Description:** Grit is mental toughness and the ability to achieve difficult long-term goals. It is strongly associated with success in personal and professional lives. Grit involves several elements: passion and purpose, development of habits and coping with unpleasant emotions such as fear, discouragement, or embarrassment. This course will examine the nature of grit and identify specific methods for developing it.

Register at [de.gov/statewidebenefits](https://de.gov/statewidebenefits)  
(Select your group, then ComPsych®)

